



Vegan French Onion Dip

Ingredients

- 2 large yellow onions, thinly sliced
- 2 tablespoons olive oil
- 1 teaspoon salt, divided
- 1/2 teaspoon sugar (optional, helps with caramelization)
- 1 cup vegan sour cream (store-bought or homemade)
- 1/2 cup vegan mayonnaise
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon dried thyme (optional)
- 1/4 teaspoon black pepper
- 1 tablespoon fresh lemon juice
- 2 tablespoons fresh chives, finely chopped (for garnish)

Instructions

- 1. Caramelize the Onions:**
 - Heat the olive oil in a large skillet over medium heat.
 - Add the sliced onions, 1/2 teaspoon of salt, and the sugar (if using).
 - Cook, stirring occasionally, for about 20-30 minutes until the onions are golden brown and caramelized. If they start to stick, you can add a splash of water to deglaze the pan.
 - Once caramelized, remove the onions from heat and let them cool to room temperature.
- 2. Prepare the Dip Base:**
 - In a medium-sized mixing bowl, combine the vegan sour cream, vegan mayonnaise, garlic powder, onion powder, dried thyme (if using), the remaining 1/2 teaspoon of salt, black pepper, and lemon juice. Stir until well combined.
- 3. Mix in the Onions:**
 - Once the onions have cooled, chop them finely.
 - Add the chopped caramelized onions to the dip base and stir to combine.
- 4. Chill the Dip:**
 - Cover the bowl and refrigerate the dip for at least 1 hour. This allows the flavors to meld together.
- 5. Serve:**
 - Before serving, give the dip a good stir and garnish with fresh chopped chives.
 - Serve with your favorite chips, crackers, or fresh veggies.